

# Evaluate Your Needs

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The following tool can help you determine which type of housing or care is best for you or your loved one. For each category below, please select the description that best describes your candidate for senior care. Check only one choice per category. When finished, total your points and review the categories that follow.

## Mobility

- Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in care of emergency. (1 point)
- Ambulatory with cane or walker. Independent with wheelchair but needs help in emergency. (2 points)
- Requires occasional assistance to move about, but usually independent. (3 points)
- Mobile, but may require assistance due to confusion, poor vision, weakness or poor motivation. (4 points)
- May require assistance when transferring from bed, chair or toilet. (5 points)
- Requires transfer and transport assistance. Requires turning in bed and wheelchair. (6 points)

## Nutrition

- Able to prepare own meals. Eats meals without assistance. (1 point)
- Can do some meal preparation, but needs main meal prepared daily. (3 points)
- Needs all meals prepared and served. (4 points)
- May require assistance getting to meals and/or assistance when eating, such as opening cartons or cutting food. (5 points)
- May be mostly or totally dependent on others for nourishment (includes reminders to eat and/or assistance when eating). (6 points)

## Hygiene

- Independent in all care, including bathing, shaving and dressing. (1 point)
- May require assistance with bathing or hygiene or may require reminders or initiation assistance. (4 points)
- Dependent on others for most or all personal hygiene tasks (6 points)

## Housekeeping

- Independent in performing housekeeping functions (including bed making, vacuuming, cleaning and laundry). (1 point)
- May need assistance with heavy housekeeping, vacuuming, laundry and changing linens. (2 points)
- Needs laundry and housekeeping services provided. (3 points)

## Dressing

- Independent and dresses appropriately. (1 point)
- May require assistance with shoelaces, zippers, medical appliances or garments, or may require reminders, motivation or initiation assistance. (4 points)
- Dependent on others for dressing. (5 points)

## Toileting

- Independent and completely continent. (1 point)
- May have incontinence, a colostomy or catheter but is independent in caring for self through proper use of supplies. (2 points)
- May have occasional problems with incontinence, colostomy or catheter care, or may require assistance in caring for self through proper use of supplies. (4 points)
- May be unwilling or unable to manage own incontinence through proper use of supplies or may require physical assistance with toileting on a regular basis. (5 points)
- Regularly and uncontrollably incontinent, dependent or unable to communicate needs. (6 points)

## Medications

- Responsible for self-administration of medications. (1 point)
- Able to self-administer medications, but others may need to remind and monitor the actual process. (3 points)
- Family or home health agency has arranged a medication administration system with reminders and monitoring by family members or others. (4 points)
- Cannot administer own medications, even with supervision. Medications must be administered by licensed personnel. (6 points)

## Mental Status

- Oriented to person, place and time. Memory is intact but may have occasional forgetfulness with no pattern of memory loss. Able to reason, plan and organize daily events. Has mental capacity to identify environmental needs and meet them. (1 point)
- May require occasional direction or guidance in getting from place to place or may have difficulty with occasional confusion that may result in anxiety, social withdrawal or depression. Orientation to time, place or person may be minimally impaired. (3 points)
- Judgment may be poor. May not attempt tasks that are not within capabilities. May require strong orientation assistance and reminders. (5 points)
- Disoriented to time, place and person or memory is severely impaired. Usually unable to follow directions. (6 points)

## Behavioral Status

- Deals appropriately with emotions and uses available resources to cope with inner stress. Deals appropriately with others. (1 point)
- May require periodic intervention from others to facilitate expression of feelings in order to cope with inner stress. May require periodic intervention from others to resolve conflicts and cope with stress. (3 points)
- May require regular intervention from others to facilitate expression of feelings and to deal with periodic outburst of anxiety or agitation. (5 points)
- Maximum intervention is required to manage behavior. May pose physical danger to self or others or is abusive or unacceptably uncooperative. (6 points)

## Total Score

Mobility	
Nutrition	
Hygiene	
Housekeeping	
Dressing	
Toileting	
Medications	
Mental Status	
Behavioral Status	
<b>TOTAL SCORE</b>	
<b>Highest Score in any Category</b>	

## Interpretation of Scores

The total score will give you a general idea about which type of housing or care would be most appropriate for the candidate. The following score ranges show the typical levels of residents at various types of

### **SCORE HOUSING/CARE**

34-50 NURSING HOMES

19-40 ASSISTED LIVING FACILITIES

13-23 INDEPENDENT LIVING SENIOR HOUSING COMMUNITIES/SUPPORTIVE HOUSING

8-18 INDEPENDENT LIVING - SENIOR APARTMENTS

Perhaps the most important of this scoring is to look at the highest scores you have selected. Certain physical conditions or needs for services can preclude a person from living in a particular type of senior care. For example, a person who needs 24-hour nursing care could not be admitted to a congregate senior housing community. If candidate scores a 6 in any category, the most appropriate level of care probably will be a nursing home.

Disclaimer: The Assessment Tool is intended only as a guideline. Caregivers and seniors should consult with health and social professionals and the facilities themselves to make appropriate choice.